



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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IN FOND REMEMBRANCE OF DR. DOROTHEA WILLGOOSE, NEEDHAM COUNCIL ON AGING FOUNDER A PRESENTATION "THE PATHWAY FROM DRIVER TO PASSENGER: STRATEGIES & INTERVENTIONS FOR ENHANCING COMMUNITY MOBILITY" PRESENTED BY DR. NINA SILVERSTEIN, PH.D.

Friday, November 13th • 1:30 pm

At the Needham Senior Center.

Sign-up is recommended.

Join us for a dynamic presentation by Dr. Nina Silverstein who has conducted extensive research about transportation for older drivers and who speaks nationally on this subject. Did you know that Americans 60 and older will increase dramatically, exceeding 20 percent of the population, or almost 90 million people, by 2050? Given current land use patterns and the limited availability of community mobility options, most of this growing expanse of older adults will be lifelong drivers who rely on the independence and convenience of the private automobile. With advanced age comes an increased prevalence of conditions such as arthritis, macular degeneration, and dementia which may compromise critical driving skills and safety. The issue is not simply a matter of taking away the keys. The issue is assuring that individuals may continue to engage in daily living when critical driving skills are impaired. To achieve that goal, community mobility options are needed that are available, accessible, adaptable, affordable, and acceptable. Ms. Silverstein is Professor of Gerontology at the University of Massachusetts Boston, College of Public and Community. She is a Fellow of the Gerontological Society of America and has co-authored two books. Dr. Silverstein serves on the Needham Council on Aging board and has lived in Needham for the past 24 years.

DR. DOROTHEA WILLGOOSE, FOUNDER, THE NEEDHAM COUNCIL ON AGING

Through the efforts of Dr. Dorothea Willgoose, The Needham Council on Aging was established in 1957 and it was the first formally established Council on Aging in Massachusetts.

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SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM





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ON AGING**
Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**



THE PENNY JUG

There is a Penny Jug that will sit quietly on the FONE table in the Senior Center waiting for visitors to drop in their change (and bills, of course)! All money dropped into this jug goes to offset the cost of programs put on by the Council on Aging.

THANK YOU!

Friends of Needham Elderly

DONATIONS MADE TO THE FRIENDS

• Arline Holland

• Domenic & Alice Prato

• Eleanor Weekes

• Warren Wells

MEMORIALS

• Helen Marsman in memory
of Hank Marsman

• Giovanna Merola in memory
of Alfred Merola

NEEDHAM COUNCIL ON AGING DONATIONS

• Mary Murphy in memory of Peg Finucane

• Ann Scholfield in memory of Peg Finucane

DEAR FRIENDS,

Senior Centers provide customer-focused services for people of all ages. Recently I read that the first center was established in New York in 1943 and as of 2004 it was estimated that there were 15,000 in the United States. The Needham Council on Aging was established by vote at Town Meeting on October 21, 1957 and in 1963 the YMCA gave the Council permission to use space in their building. A few years later there was a move to the basement of Town Hall where it became a drop-in center open five days a week. On October 2, 1979 there was another move and the Stephen Palmer Senior Center officially opened its doors. In 1999, the Center was the first in the State of Massachusetts, and the 20th in the nation, to achieve national accreditation from the National Institute of Senior Centers and in 2004 we went through this evaluative process again.

As mentioned last month **HERE WE GO AGAIN!** It's time for the Senior Center to apply for re-accreditation! Community volunteers will be involved in an assessment process that examines our Senior Center by national standards. Last time, 75 members of the community participated. This is an important and worthwhile opportunity to evaluate our accomplishments and set goals for the future. If you are interested in participating please come to a public forum at the Senior Center on December 2, 2009, 5:00-6:00 pm to hear about the process. This will prove to be a very busy and interesting year for all.

Jamie

MARK YOUR CALENDAR

**An afternoon of Thanks and Appreciation honoring all of our valued
volunteers, will take place on Thursday, November 19, 2009.**

PLEASE NOTE The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

Save the Date

GET INVOLVED

December 2, 2009 • 5:00-6:00 pm

At the Needham Senior Center

IT'S TIME FOR THE SENIOR CENTER TO APPLY FOR RE-ACCREDITATION!

We encourage you to attend a public forum at the Senior Center to hear about the process. Community volunteers will be involved in an assessment process that compares our Senior Center to national standards. This is an especially important time to evaluate our accomplishments and set goals for the future.

VETERANS APPRECIATION PARTY – IN HONOR OF OUR VETERANS

Tuesday, November 10th • 1:30 pm

At the Needham Senior Center

There is no fee for this program. Sign-up is required!

We welcome all veterans and friends or family of beloved veterans to join us. This will be a time to socialize with one another and to share remembrances of times during war. Please bring photos and other keepsakes to share. Philip Messing will play background piano music of various eras. As you relax with old and new friends, the COA staff will serve you HOMEMADE hot apple pie with ice cream!

WE NEED YOUR HELP PLEASE HELP BY MAKING ONE OR MORE HOMEMADE APPLE PIES FOR OUR NEEDHAM SENIOR CITIZEN VETERANS!

If you are able to bake 1 or more apple pies for our Veterans Appreciation Day on Tuesday, November 10th please call Sherry at the Needham Senior Center at 781-455-7555. We assure you that the pies will be appreciated and enjoyed!

DAY TRIP

We are presenting a very different Christmas trip! On the 9th of December, our big coach bus will take us to the Hu Ke Lau's Polynesian Christmas Show featuring Bobby Burnett, singer, comedian and musician, with a delicious meal, followed by a riding tour of Bright Nights in Forest Park, Springfield. That day, we will have a very special meal including roast beef au jus, chicken and many other delicious surprises. We urge everyone to plan on celebrating the beginning of the holiday season with us. The Christmas Trip will cost \$65. Please call Jeanne Blakeney at 781-455-7555, Tues, Wed, or Thur., or call anytime and leave a message. Please reserve your seat early!

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday, November 24th at 9:15 am

At the Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

MONDAY'S LUNCH BUNCH Try someplace new, socialize and enjoy a good meal.

Question: What goes best with
having lunch with friends?

Answer: Shopping before
having lunch with friends!

(See November 2nd and 23rd)

Meet at the Senior Center at 11:30am,

EXCEPT when a shopping
excursion is included. Board
our Van and take a ride to:

November 2nd

Pizzeria Uno, Dedham

Shopping at T.J. Maxx at the
Dedham Mall

(10:30 departure)

November 9th

Dolphin, Natick

November 16th

One Bistro, Norwood

November 23rd

Aquitaine, Dedham

Shopping at Legacy Place
(10:30 departure)

November 30th

The Chateau, Waltham

MOVIES AT 1:00 PM

At the Needham Senior Center

MONDAY

November 23rd

"Cover Girl," 1944

FRIDAY

November 6th

"Pocketful of Miracles," 1961

November 27th

"Mrs. Brown," 1997

**IT'S FRIDAY
ENTERTAINMENT
LIVE WITH
JACKIE ARONS**

**Friday, November 20th
1:30 pm**

At the Needham Senior Center
Jacqueline and Michele Arons are a mother and daughter act. Jacqueline is a pianist and graduate of the New England Conservatory of Music. Michelle is a professional soprano singer and sings in a dozen different languages! Please join us for a wonderful day of live music.

**CRAFTY
WORKSHOP WITH
JOAN**

**COME ON DOWN,
GET A LITTLE CRAFTY
CREATE A THANKSGIVING
BASKET CENTERPIECE FOR
YOUR HOME OR TO GIVE AS A
GIFT TO A FRIEND OR RELATIVE**

**Thursday, November
12th at 1:30 pm**

At the Needham Senior Center
Sign-up is required.
**Cost is \$2.00 and is due on
the day of the program.**

Decorate Your Thanksgiving table by making your own unique arrangement, using pine combs, acorns, artificial berries, leaves, etc. All materials are provided. In advance we thank Joan Story for volunteering to lead this crafty workshop.

**EARRINGS, BRACELETS
AND NECKLACES**

**WITH DANNY –
TRADITIONAL STYLE
Monday, November 23rd
1:30 pm**

At the Needham Senior Center
Sign-up is required.

There is no fee for this class unless you decide to purchase your creation. At the workshop, you will be able to choose different beads to make your piece. Bracelets are \$5.00, earrings are \$3.00 and necklaces are \$10.00.

**BOOK REVIEW, THREE CUPS OF TEA
BY GREG MORTENSON AND DAVID RELIN**

Monday, November 2, 2009 1:30 pm

At the Needham Senior Center

A suggested cost of \$4.00 is appreciated.

This #1 best seller is the true story of mountaineer Greg Mortenson who in 1993 drifted into an impoverished Pakistan village after a failed attempt to climb K2 mountain. Moved by the inhabitants' kindness, he promised to return and build a school there. Mortenson ended up building fifty-five schools! His story is one of true adventure as well as a tribute to the power of the humanitarian spirit.

THE GREAT SONGWRITERS

**FEATURING THE WORKS OF THE GERSHWINS!
MUSICAL BROTHERS EXTRAORDINAIRE**

PERFORMANCE BY PIANIST, JACK CRAIG – MUSIC WITH CLASS!

Monday, November 30th at 1:30

At the Needham Senior Center

There is no fee for this program. Sign-up is suggested.

As dissimilar as two brothers might be, George and Ira formed a near perfect conjunction of words and music. George had an outward lifetime love affair with music, while Ira had a more private world focused on words. From early collaboration on the 1924 musical Lady Be Good, through the American classic Porgy and Bess, explore the brotherly duo that many consider to be among the greatest theatre music writers of the world. About the Presenter: Jack Craig earned a Music Education degree from Lowell State College and has spent 32 years teaching. In advance we thank New Pond Village for sponsoring this event.

**JEWELRY DESIGN WORKSHOP
WIRE BEAD CROCHET NECKLACES WITH LUCY –
MODERN STYLE**

Monday, November 2nd • 11:45 am

At the Needham Senior Center.

Sign-up is required.

In this workshop you will learn the basic technique of "Wire Bead Crochet" and create a truly unique and beautiful necklace. You will learn to crochet a simple chain stitch out of fine gauge wire and beads. The necklace is fun to make and many strands can be joined together to create a layered multiple strand necklace. All instructions and materials are included in the \$15.00 cost for your necklace. In advance we thank Lucy for volunteering to teach this class and for providing the necessary tools and items!

VOLUNTEERS ARE SOUGHT

Election Day will take place on Tuesday, December 8, 2009. The Friends of Needham Elderly will have our unique Boutiques set up, as well as a bake sale.

The sale of items from the F.O.N.E. Boutiques helps raise funds which assist the COA in its operations of the senior center. **WE NEED YOU TO:**

1. Donate gently used or new gift items which are of high quality and resalable
2. Bake an item or two for the bake sale
3. Volunteer to help staff the Boutiques or the bake sale on Election Day
4. Make purchases on Election Day

Please call the Senior Center at 781-455-7555 x204 to let us know what support you will provide. Questions should be directed to Penny Gordon, Volunteer and Transportation Coordinator. Thank You!

LUNCH AND LEARN WHAT YOU NEED TO KNOW ABOUT H1N1 INFLUENZA/THE SWINE FLU

PRESENTED BY DR. PETER B. SMULOWITZ MD, MPH

Monday, November 16th at 12:00 pm

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

Dr. Peter Smulowitz will discuss the current national and local status of the H1N1 influenza (commonly called "swine flu"). There will be plenty of time to ask questions and engage in an informal and lively discussion of the H1N1 influenza. He will talk about the role of vaccinations, treatment, and community actions in reducing the dangers and spread of the flu, as well as its effect particularly on the elder population. Dr. Peter B. Smulowitz, MD, MPH is an attending physician and core faculty member in emergency medicine at Beth Israel Deaconess Medical Center, Beth Israel Deaconess Needham, and Harvard Medical School. In advance we thank Dr. Smulowitz for reaching out to the Senior Center and volunteering to offer this important talk. A tasty lunch will be served after the talk.

SENIOR STRENGTH EXERCISE CLASS WITH PEARL

At the Needham Senior Center

Sign-up is required; call 781-455-7555.

Payment is due on the first day of class.

Session I – 8 weeks – Cost is \$32.00

Fridays at 9:15 am • beginning on November 1st

Session II – 6 week class – Cost is \$24.00

Mondays at 10:15 am • beginning on November 16th

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

DID YOU KNOW? DISCOUNTS FOR SENIOR CITIZENS

The intent of discounts is to help seniors economically and encourage their business. The definition of senior varies, with a range from 50 to 65 and older. Not all discounts are published so you should always ask - politely, cheerfully, optimistically and respectfully – for one. Here is a partial list of businesses that give senior discounts – in all situations, it is important to ask about their current policy: 1. MBTA – a Senior Transportation Access Pass (65+) entitles the bearer to ride buses for 15 cents, subway for 25 cents and Express buses & commuter rail for ½ price. 2. Amtrak – offers a 15% discount to persons 62 or older, except on Auto Train & 1st class tickets. 3. Greyhound – if you are 62 or older, join Greyhound Seniors Club for \$5/year and get 10% off regular fare. 4. Airlines – offer two types of discounts: A) a percentage discount of about 10% off regular fares; and B) senior multiple-coupon books. The age range is 55 – 62. American, Continental, Delta & United offer discounts. Some airlines have senior clubs which may be worth the membership fee if you fly frequently. 5. Rental cars – offer a discount of 5-10% for seniors. 6. Motels, hotels and resorts – 37 motel chains offer discounts of 10-30%. 7. Internet services – AOL, Compuserve, Microsoft & Prodigy offer senior discounts. 8. Banks – most offer senior discount plan of some type (i.e. free checking account). 9. National Parks – Lifetime Golden Age Passport costs \$10 for those 62+ (with age and citizen identification), allowing free admission to National Parks for all passengers in a private vehicle. It offers 50% discount on camping and other use fees. Stores – many stores offer senior discounts – often on specific days. 10. Restaurants – may offer an early-bird discount on dinner (hours and discounts vary). 11. Movies, amusement parks, theatres and museums – usually offer senior discounts that amount to 10 – 50%. These are just a few of the businesses that offer senior discounts!

THE WALKING CLUB

**November
Destinations:**

**November 6th
The Rose Kennedy
Greenway, Boston**

**November 13th
Wolbach Farm,
Sudbury**

**November 27th
Ridge Hill, Needham**

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

BALLROOM DANCING LESSONS: "SWING"

**Tuesdays, 2:00-3:00 pm
November 3, 10, 17, 24**

Offsite Location: Charles River
YMCA, 380 Chestnut Street

***Sign-up is required,
call the Senior Center at
(781) 455-7555.***

***Cost for the 4 weeks is
\$16.00 and is due on the
first day of class.***

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. Please wear shoes that allow movement on a wood floor – not rubber soles. To sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.



COUNCIL
ON AGING

Needham

STEPHEN PALMER
SENIOR CENTER

83 Pickering Street
Needham, MA 02492

781-455-7555

SENIOR CENTER DROP-IN HOURS:

9:00 am - 4:00 pm
Monday thru Friday

TAI CHI MODIFIED, AN 8-WEEK CLASS

Mondays
at 9:00 am
Beginning on
November 16th

At the Needham
Senior Center

Sign-up is required
and is on the first
day of class

Participants can either stand or sit on a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. No experience is necessary. Wear loose, comfortable clothing. Fee for the eight-week course is \$32. To sign up call 781-455-7555.

**WOULD YOU LIKE TO
BOWL, PLAY TENNIS OR PLAY BASEBALL
Without Going to a Tennis Court, Baseball Field, or Bowling Alley?**
IF YES, THEN YOU MUST COME DOWN AND GIVE WII™ A TRY.
**WE NOW HAVE A NEW GROUP OF WONDERFUL LEADERS TO SHOW YOU
HOW MUCH FUN THIS PROGRAM IS.**

Please call the Senior Center for Dates and Times.
(781) 455-7555

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™." The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen. We would like to thank Charles River ARC volunteers for helping us to make this program a success.

A FREE PRESENTATION FOR ALL MEDICARE BENEFICIARIES "MEDICARE CHANGES FOR 2010 – GETTING READY FOR OPEN ENROLLMENT"

PRESENTED BY THE METROWEST SHINE
(SERVING HEALTH INFORMATION NEEDS OF ELDERS) PROGRAM

Monday, November 9th • 1:00 pm

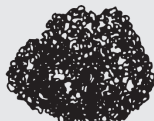
At the Needham Senior Center

If you have Medicare, you should have received a package last month telling you about changes to your plans for 2010. Plans may change their premiums, their co-pays, their network of doctors, or the list of drugs they cover. Some plans are being discontinued and if you are in one of these plans, you **must** choose a new plan. **If you do NOTHING, on January 1, 2010 you will automatically return to "Original Medicare" WITHOUT drug coverage. Plans not being offered in 2010 are:** 1) Tufts Medicare Preferred PPO & PFFS. 2) Medicare HMO Blue Premier Rx. 3) Medicare PPO Blue Premier Rx. 4) Blue Medicare PFFS Plus Rx. 5) Fallon Senior Plan Plus (no drug coverage). 6) Fallon Senior Plan Plus Basic Rx.

During **Medicare Open Enrollment (November 15th – December 31st)**, you can make changes to your coverage. EVERYONE on Medicare should review their coverage, understand possible changes to that coverage, and consider other plans that are available. Details about plans in your region are now also available by calling 1-800-MEDICARE or visiting www.medicare.gov. If you have questions about your Medicare options, SHINE (Serving Health Information Needs of Elders) offers free Medicare counseling. For an appointment call the Needham Senior Center at 781-455-7555.

www.NeedhamSeniors.com

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IN REAL ESTATE



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NOVEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9-4 Pool 2</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Exercise with Pearl</p> <p>11:30 Lunch Bunch: Pizzeria Uno</p> <p>11:45 Jewelry Design Workshop with Lucy</p> <p>11:45 Lunch: Fish Au Gratin or Ham & Swiss Sandwich</p> <p>12:15 Advisory Committee</p> <p>1:00 Bridge – Men</p> <p>1:30 Book Reviewer: Three Cups of Tea</p> <p>3:00 Friends Meeting</p>	<p>9-4 Pool 3</p> <p>9:00 Spanish Class</p> <p>9:15 Yoga</p> <p>9:15 Bridge – Women</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch: Beef Stir Fry or Chicken Salad Sandwich</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing – “Swing” #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>9-4 Pool 4</p> <p>9:00 Keep Well Clinic</p> <p>9:15 Exercise</p> <p>10:00 Hearts Card Game</p> <p>10:30 Songsters</p> <p>11:45 Lunch: Baked Ziti w/ Meatball or Roast Beef & American Cheese Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge for Beginners</p> <p>3:00 Yoga with Sandi</p> <p>No Better Balance Class Today</p>	<p>9-4 Pool 5</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Hot Dog & Baked Beans or Tuna Salad Sandwich</p> <p>12:00 Computer Lessons</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Women</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>9-4 Pool 6</p> <p>9:15 Senior Strength Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:30 Exercise</p> <p>11:00 Walking Club: The Rose Kennedy Greenway, Boston</p> <p>11:45 Lunch: Cranberry Chicken or Egg Salad over Lettuce</p> <p>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Cover Girl, 1944</p>
<p>9-4 Pool 9</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Exercise with Pearl</p> <p>11:30 Lunch Bunch: Dolphin, Natick</p> <p>11:45 Lunch: Macaroni & Cheese or Chicken Patty Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:00 Lecture: Medicare Changes presented by SHINE</p>	<p>9-4 Pool 10</p> <p>9:00 Spanish Class</p> <p>9:15 Yoga</p> <p>9:15 Bridge – Women</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch: Greek Chicken or Seafood Salad Sandwich</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:30 Veterans Appreciation Party</p> <p>2:00 Ballroom Dancing – “Swing” #1</p> <p>No Women’s Cribbage and No Arthritis Exercise with Lisa</p>	<p>CLOSED IN OBSERVANCE OF VETERANS DAY</p>	<p>9-4 Pool 12</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Stuffed Cabbage w/Tomato Sauce or Turkey & Swiss Sandwich</p> <p>12:00 Computer Lessons</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Women</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>1:30 Crafts with Joan</p> <p>2:00 Arthritis Exercise with Lisa #1</p> <p>TRIP TO FOXWOODS</p>	<p>9-4 Pool 13</p> <p>9:15 Senior Strength Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:30 Exercise</p> <p>11:00 Walking Club: Wolbach Farm, Sudbury</p> <p>11:45 Lunch: Breaded Fish or Roast Beef & American Cheese Sandwich</p> <p>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.</p> <p>1:00 Bridge – Men</p> <p>1:30 Willgoose Lecture</p>
<p>9-4 Pool 16</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Exercise with Pearl</p> <p>11:30 Lunch Bunch: One Bistro, Norwood</p> <p>11:45 Lunch: Chicken Paprika or Egg Salad Sandwich</p> <p>12:00 Lecture: The Swine Flu, A Presentation</p> <p>1:00 Bridge – Men</p>	<p>9-4 Pool 17</p> <p>9:15 Yoga</p> <p>9:15 Bridge – Women</p> <p>10:30 Current Events Group</p> <p>11:45 Lunch: American Chop Suey or Chicken Patty Sandwich</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing – “Swing” #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>9-4 Pool 18</p> <p>9:00 Keep Well Clinic</p> <p>9:15 Exercise</p> <p>10:00 Hearts Card Game</p> <p>10:30 Songsters</p> <p>11:45 Lunch: Breaded Fish or Chicken Salad Sandwich</p> <p>12:30 Play Reading</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge for Beginners</p> <p>2:30 Better Balance</p> <p>3:00 Yoga with Sandi</p>	<p>9-4 Pool 19</p> <p>9:15: Triad Meeting</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Thanksgiving Special Roast Turkey Breast w/ Gravy, Stuffing, Trimmings and Apple Pie</p> <p>12:00 Computer Lessons</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Women</p> <p>1:00 Cribbage – Men</p> <p>1:30 Volunteer Appreciation Party</p> <p>2:00 Arthritis Exercise with Lisa #1</p> <p>No Duplicate Bridge Today</p>	<p>9-4 Pool 20</p> <p>9:15 Senior Strength Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:00 Low Vision Group</p> <p>11:45 Lunch: Meatloaf or Turkey & Cheese Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:30 Entertainment Live with Jackie Aron</p> <p>No 10:30 Exercise Class, Board Games or Movie Today</p>
<p>9-4 Pool 23</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Exercise with Pearl</p> <p>11:30 Lunch Bunch: Aquitaine, Dedham</p> <p>11:45 Lunch: Beef Stew or Ham & American Cheese Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Mrs. Brown, 1997</p> <p>1:30 Jewelry Design Workshop with Danny</p>	<p>9-4 Pool 24</p> <p>9:15 Yoga</p> <p>9:15 Compass Collating</p> <p>9:15 Bridge – Women</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch: Stuffed shells or California Chicken Salad Sandwich</p> <p>12:00 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:00 Cribbage – Women</p> <p>2:00 Ballroom Dancing – “Swing” #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>9-4 Pool 25</p> <p>10:00 Hearts Card Game</p> <p>11:45 Lunch: Almond Chicken or Tuna Salad Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:00 Bridge for Beginners</p> <p>2:30 Better Balance</p> <p>No 9:15 Exercise Class, Songsters or Yoga Today</p>	<p>CLOSED IN OBSERVANCE OF THANKSGIVING</p>	<p>9-4 Pool 27</p> <p>9:15 Quilting</p> <p>11:00 Walking Club: Ridge Hill, Needham</p> <p>11:45 Lunch: Kielbasa, Onion & Peppers, Potato Salad or Egg Salad Sandwich</p> <p>1:00 Board Games: Mah Jong, Scrabble, Canasta, etc.</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Pocketful of Miracles, 1961</p> <p>No Senior Strength Exercise Class Today</p>
<p>9-4 Pool 30</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Senior Strength Exercise with Pearl</p> <p>11:30 Lunch Bunch: The Chateau, Waltham</p> <p>11:45 Lunch: Cheese Lasagna or Chicken Salad Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:30 The Great Songwriters, Live Music with Historical Tidbits</p>	<p>CALENDAR OF PROGRAMS AND EVENTS</p> <p>Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov</p> <p>Offsite Locations of Programs</p> <p>#1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. #5 NHA Community Room • 5 Chambers Street</p> <p>Please Note: Items in bold indicate that sign-up is required.</p>			

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